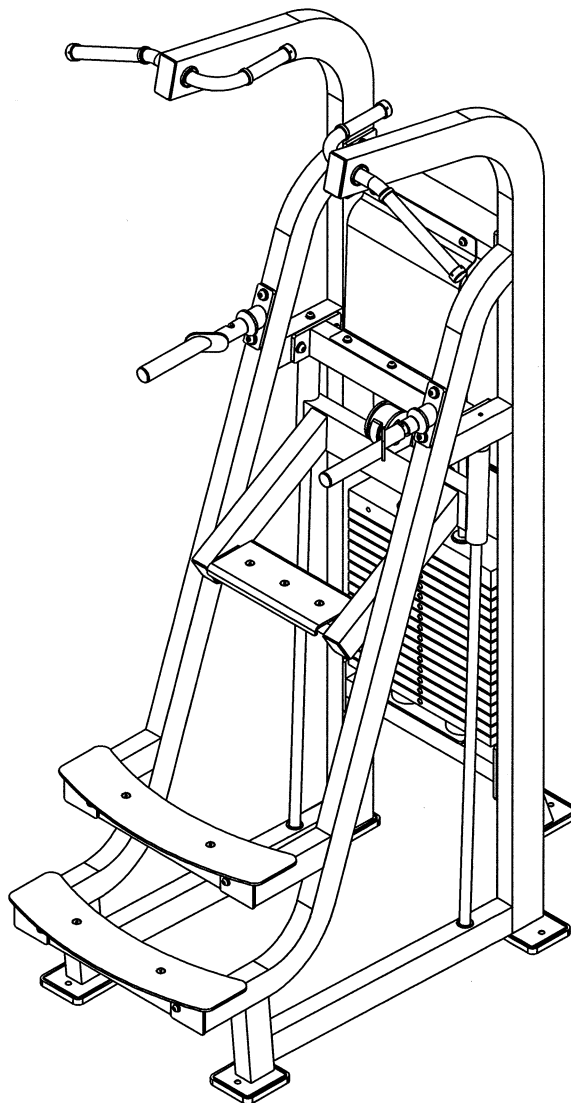


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CD2700 WEIGHT DIP - CHIN ASSIST



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0201-001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

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Step 1 **INSTRUCTIONS**

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

**Standard Allen Wrench Set
(2.5mm, 3/32" thru 5/16")**

1/2", 9/16", Open End Wrench

**Belt Tensioning Wrench
(Hoist Tool SM374)**

Crescent Wrench

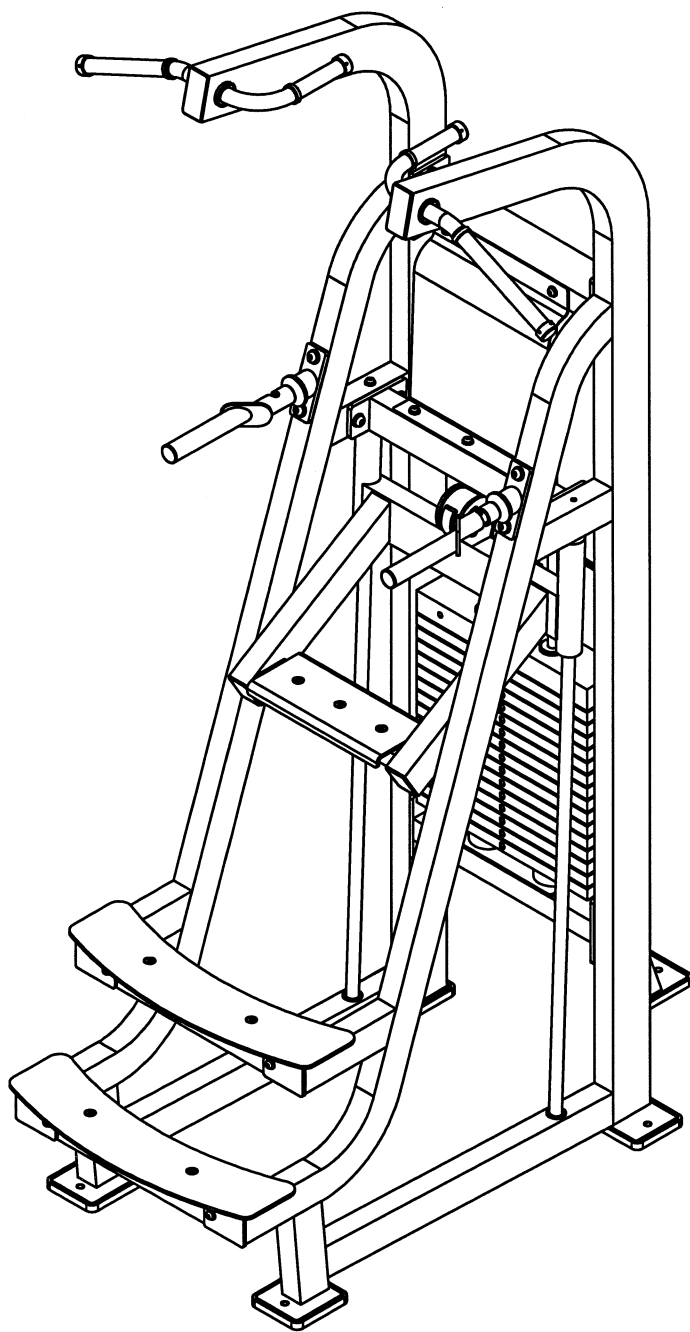
Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED, EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE ANY ASSEMBLY.
3. ADD A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. APPLY GREEN LOCTITE 680 TO ALL BEARINGS IF NECESSARY.

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STEP 2a FRAME ASSEMBLY

Start assembly by bolting (3) and (5) to (1) and (2). See diagram for procedure. Wrench Tighten bolts.

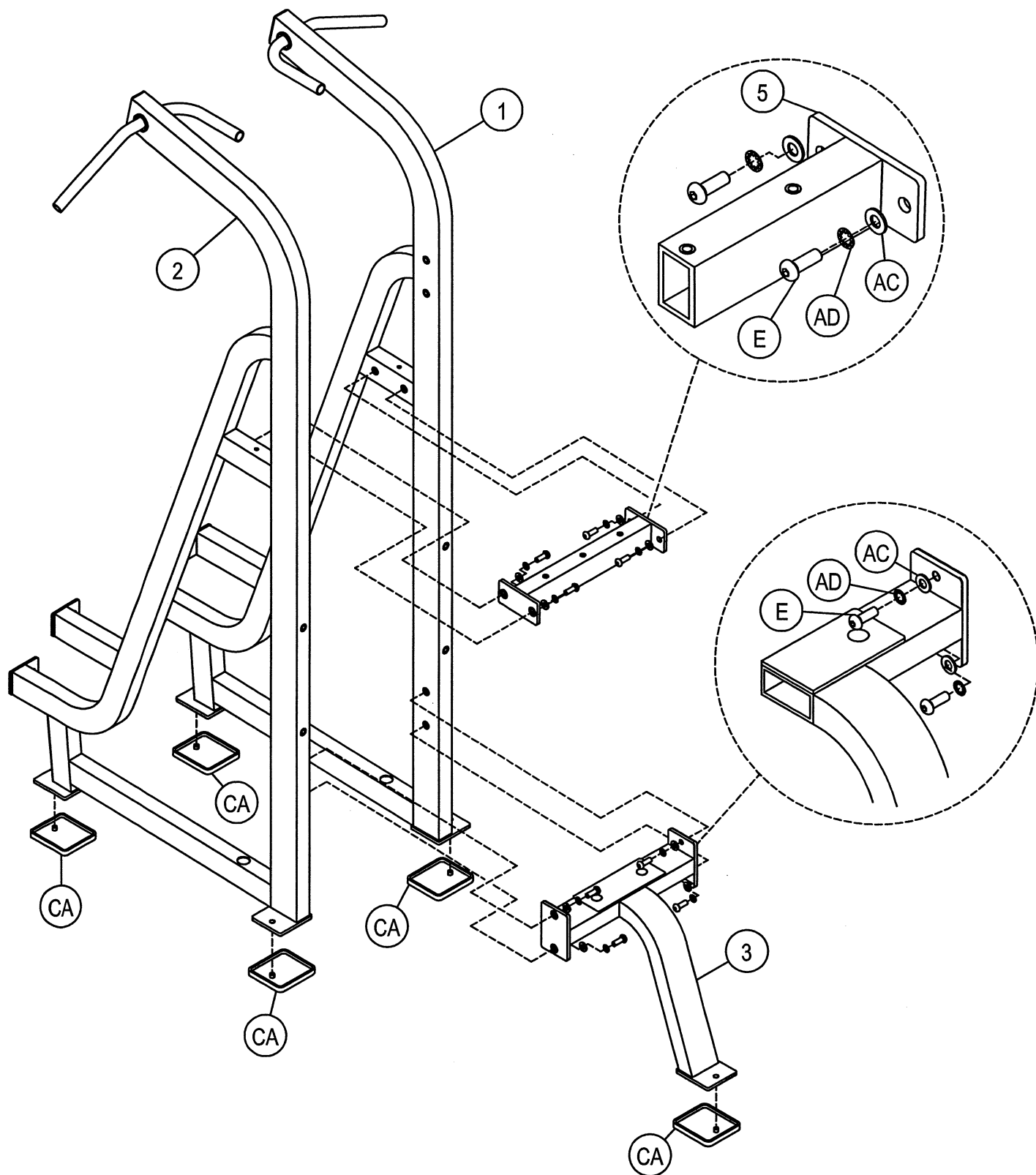
Part Descriptions

- 1 - LH FRAME ASSEMBLY
- 2 - RH FRAME ASSEMBLY
- 3 - REAR SUPPORT ASSEMBLY
- 5 - MIDDLE MOUNT ASSEMBLY

Hardware Descriptions

- E - 1/2" -13UNC x 1 1/2" BHCS (WZ)
- AC - 1/2" WASHER (WZ)
- AD - 1/2" INTERNAL LOCK WASHER (WZ)
- CA - RUBBER FOOT PAD

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STEP 2b FRAME ASSEMBLY

Start assembly by bolting both (27)'s to (1) and (2). Next attach (7) to (1) and (8) to (2). Finish step by attaching (41) to both (7) and (8). See diagram for procedure. Insure that (K) is inserted from the top of (41). Wrench Tighten bolts.

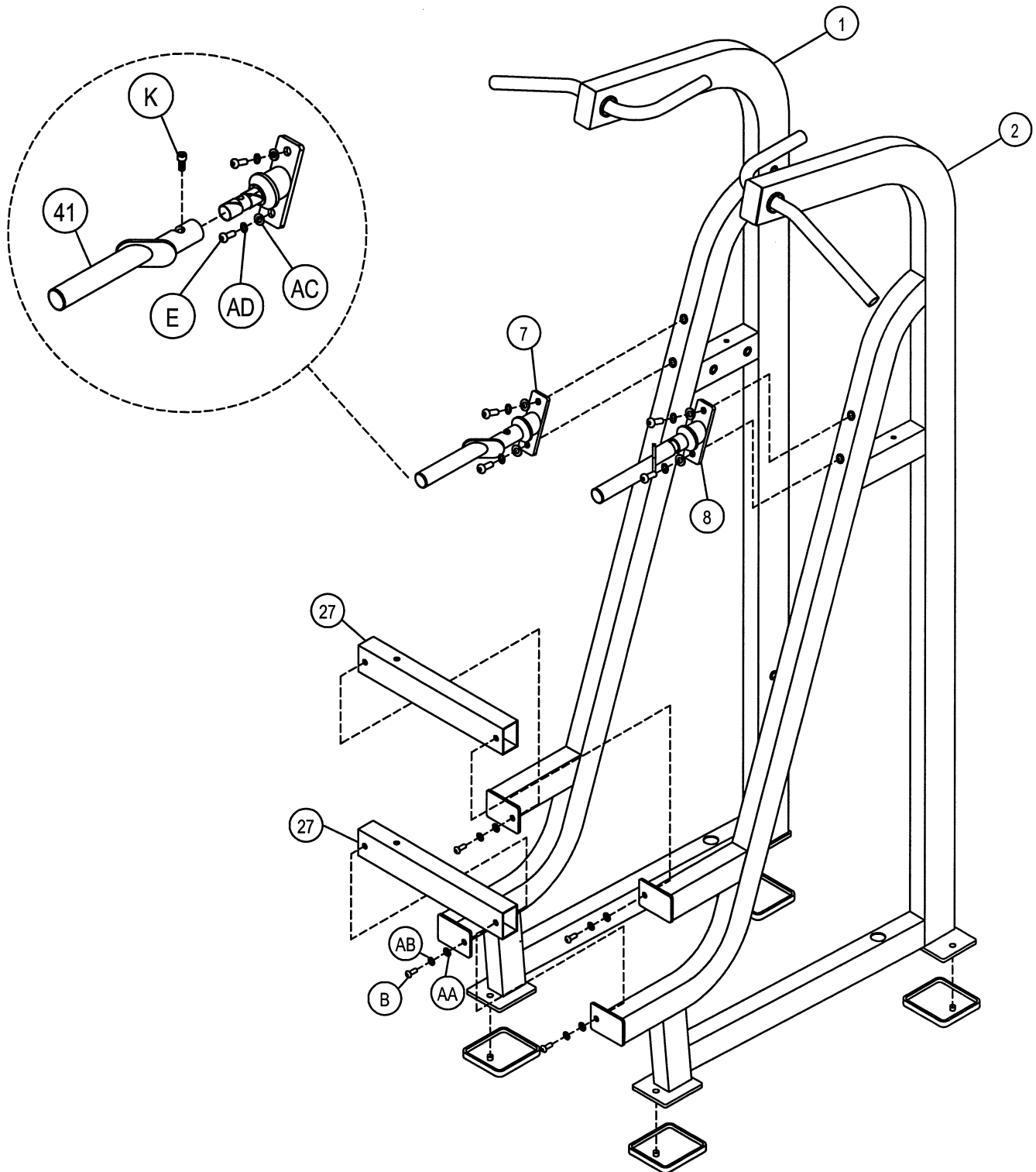
Part Descriptions

1 - LH FRAME ASSEMBLY
2 - RH FRAME ASSEMBLY
7 - LEFT HANDLE MOUNT ASSEMBLY
8 - RIGHT HANDLE MOUNT ASSEMBLY
27 - 2 x 3 x 19.25 HRS P&O
41 - FLIP OVER HANDLE ASSEMBLY

Hardware Descriptions

B - 3/8" -18UNC x 1" BHCS (WZ)
E - 1/2" -13UNC x 1 1/2" BHCS (WZ)
K - 3/8" -16 x 3/4" SOCKET HEAD
SCREW (WZ)
AA - 3/8" WASHER (WZ)
AB - 3/8" INTERNAL WASHER (WZ)
AC - 1/2" WASHER (WZ)
AD - 1/2" INTERNAL WASHER (WZ)

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STEP 2c FRAME ASSEMBLY

Start by inserting both (11)'s into (3). Next, push both (12)'s onto (16)'s ends and insert both (16)'s into both (11)'s. Slide all (30)'s onto (16), then (28). Connect (31) to (9) and screw (9) into the top of (29). Connect (CB) to (29) and insert (18) thru (30).

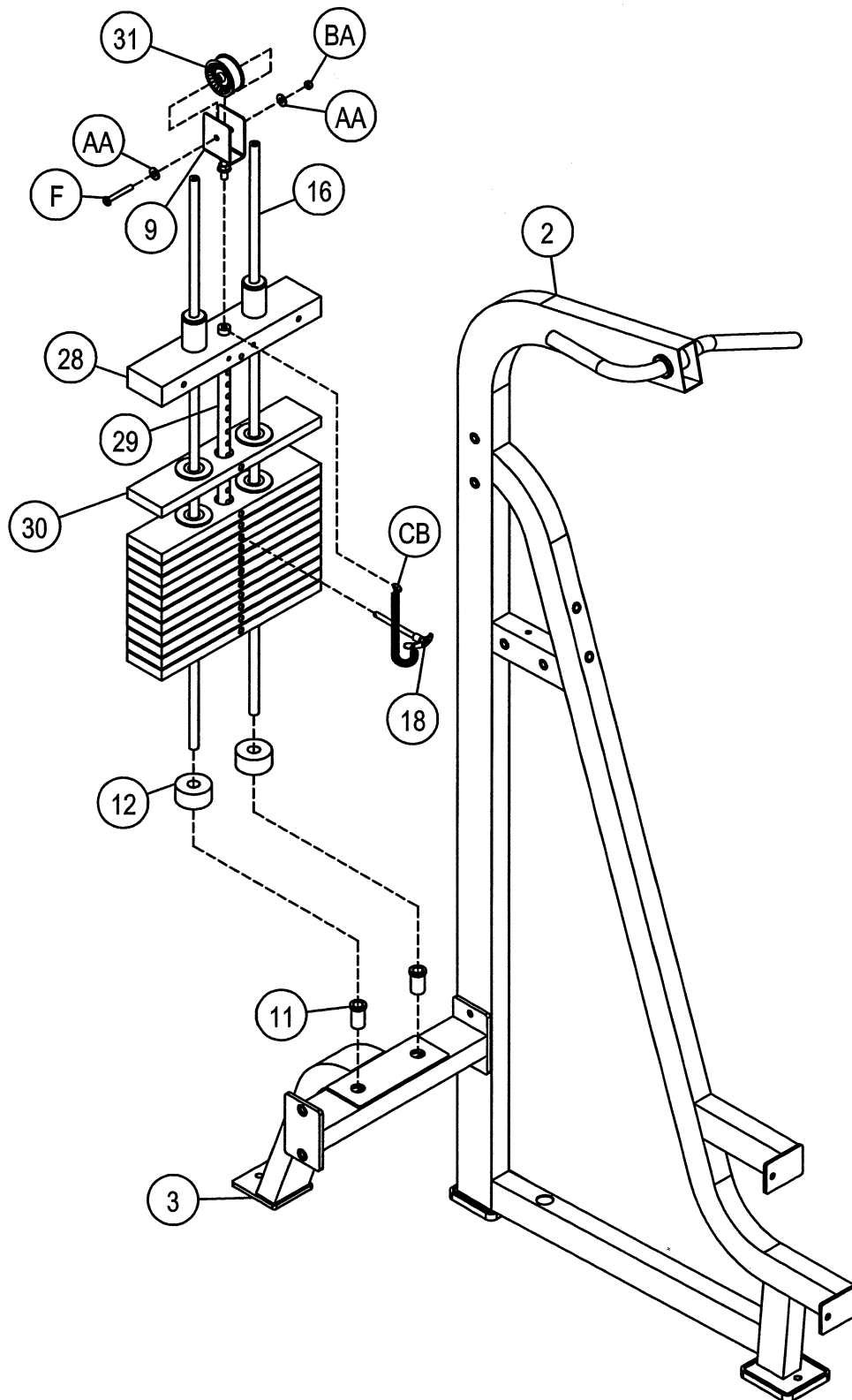
Part Descriptions

2 - RH FRAME ASSEMBLY
3 - REAR SUPPORTING ASSEMBLY
9 - PULLEY ASSEMBLY
11 - GUIDE ROD BUSHING
12 - 3 x 1 ID x 1 1/2" THX BUMPER
16 - Ø0.75 x 57.69 GUIDE ROD
18 - SELECTOR PIN, STEEL WEIGHTS
28 - 41 lb. TOP PLATE
29 - 16 PLATE SELECTOR STEM
30 - 20 lb. INTERMEDIATE PLATE
31 - 3 1/4" PULLEY THREAD

Hardware Descriptions

F - 3/8" -16UNC x 2 1/2" BHCS (WZ)
AA - 3/8" WASHER (WZ)
BA - 3/8" NYLOK NUT (WZ)
CB - LANYARD COIL

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STEP 2d FRAME ASSEMBLY

Start by inserting both (13)'s into (10) and attach (10) to (4) Wrench Tighten bolts. Connect (31) to (10) and Wrench Tighten bolts. Next slide both (15)'s onto both (16)'s. Slide (4) into place making sure both (16)'s slide into both (13)'s and Wrench Tighten bolts. See diagram for procedures.

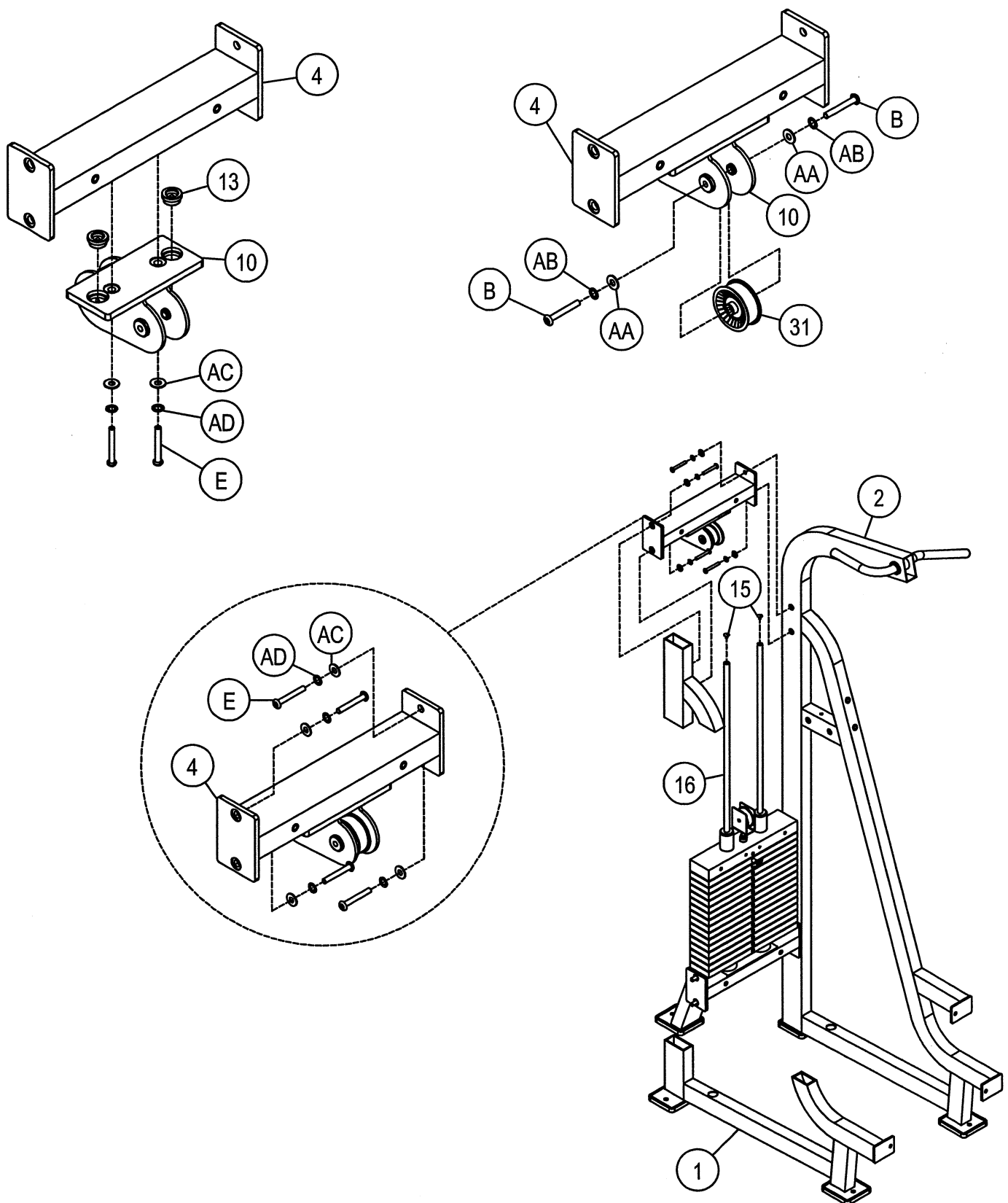
Part Descriptions

1 - LH FRAME ASSEMBLY
2- RH FRAME ASSEMBLY
4 - TOP MOUNT ASSEMBLY
10 - UPPER SWIVEL PULLEY ASSY
13 - GUIDE ROD BUSHING
15 - .250 HOLE x 0.03 HD RATCHET
FASTENER
31 - 3 1/4" PULLEY THREAD

Hardware Descriptions

B - 3/8" -16UNC x 1" FHC (WZ)
E - 1/2" -13UNC x 1 1/2" BHCS (WZ)
AA - 3/8" WASHER (WZ)
AB - 3/8" INTERNAL LOCK WASHER (WZ)
AC - 1/2" WASHER (WZ)
AD - 1/2" INTERNAL LOCK WASHER (WZ)

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STEP 2e FRAME ASSEMBLY

In step 1 start by attaching (23) to (6) and position (6) as shown in Step 1. Step 2, slide (17)'s into (6) and then slide a (34) onto the bottom of each (17). Step 3, lift and tilt (6) with (17)'s to the right and insert (17)'s into the bottom mounting holes in (1) and (2) while; Step 4 tilting (6) back to a vertical position. Slide both (34)'s down the shafts to the bottom mounting holes and press them into the holes. Next slide a (14)'s on top of each (17) and pull each (17) up to the top for bolting. Wrench Tighten bolts. See diagram for procedures.

Part Descriptions

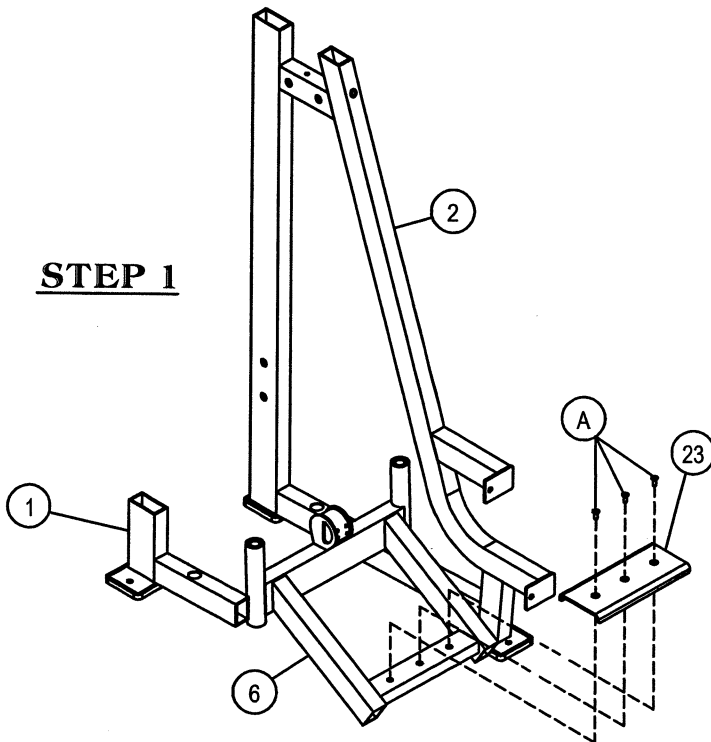
- 1 - LH FRAME ASSEMBLY
- 2 - RH FRAME ASSEMBLY
- 6 - ALUMINUM STEP MOUNT ASSY
- 14 - WEIGHT BUMPER
- 17 - Ø1.00 x 54.28 GUIDE ROD
- 23 - 0.25 x 5.63 x 14.13 POLISHED ALUMINUM DIAMOND PLATE
- 34 - 1" TURCITE BUSHING

Hardware Descriptions

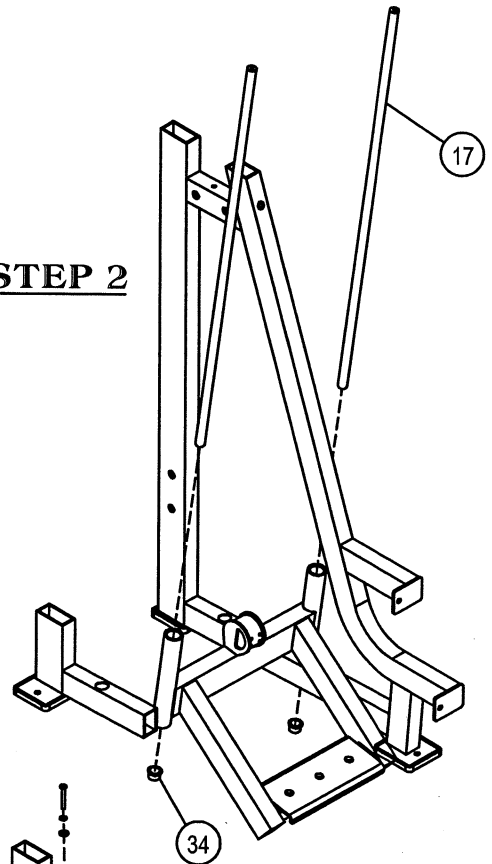
- A - 3/8"-18UNC x 1" FHCS (WZ)
- D - 3/8" -16UNC x 4" BHCS (WZ)
- AA - 3/8" WASHER (WZ)
- AG - 3/8" SPLIT WASHER (WZ)

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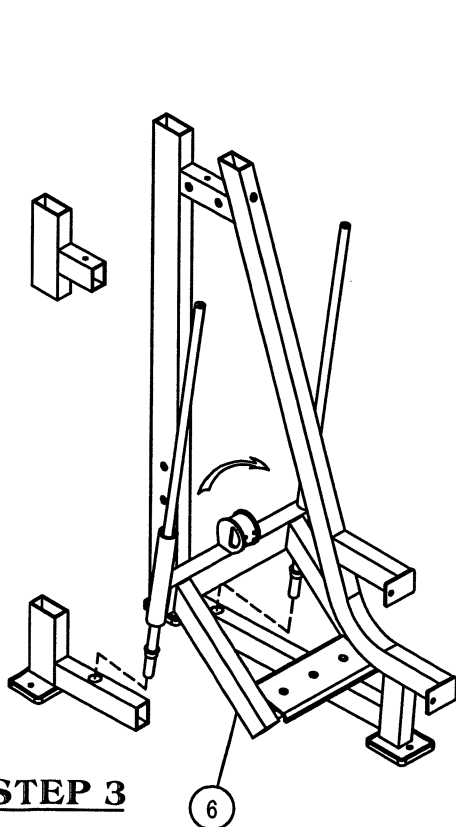
STEP 1



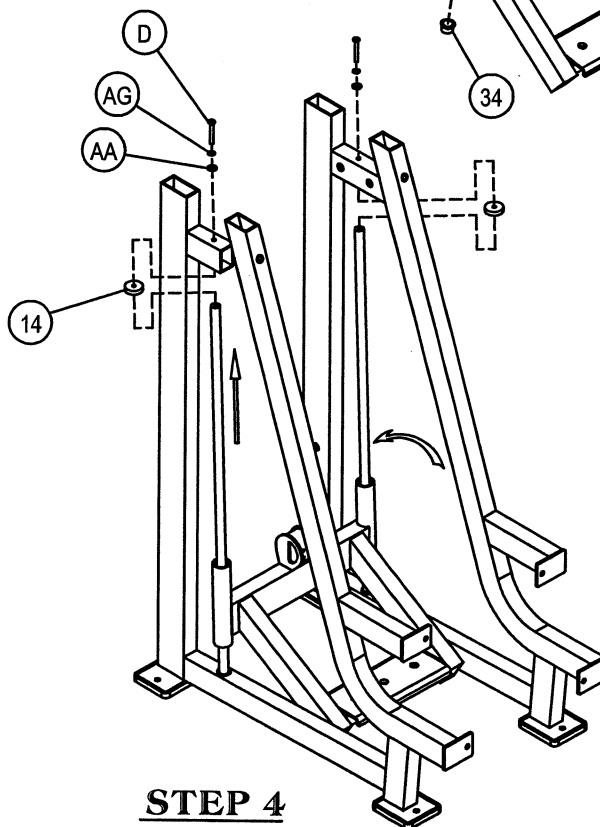
STEP 2



STEP 3



STEP 4



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STEP 2f FRAME ASSEMBLY

Start assembly by placing the smooth side of (37) under (35). Loop the rear end of (37) up and over the round tube part of (10) and secure with four (25)'s plus hardware. Wrench Tighten but do not exceed 60 inch lbs. of torque. Now loop the forward end of (37) over (31) and then down and under the round tube part of (6) and secure with four (25)'s plus hardware. Wrench Tighten but do not exceed 60 inch lbs. of torque.

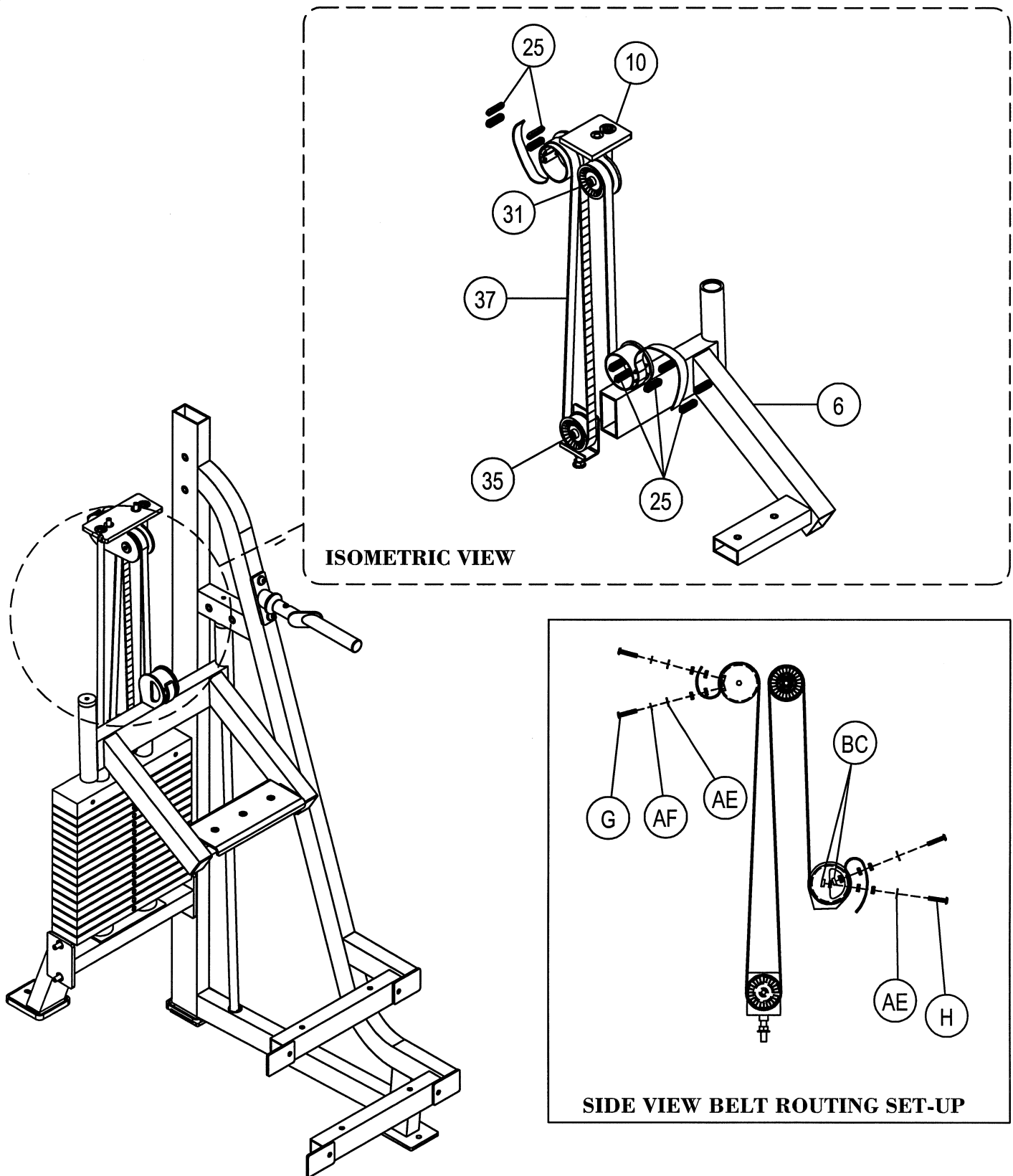
Part Descriptions

6 - ALUMINUM STEP MOUNT ASSY.
10 - UPPER SWIVEL PULLEY ASSY.
25 - 1/4 x 5/8 x 1 15/16 SERRATED CLAMP
31 - 3 1/4" PULLEY W/ THREAD
35 - 3 1/4" PULLEY W/O THREAD
37 - 95" LG. KEVLAR BELT

Hardware Descriptions

G - 1/4-20 x 1 1/4 SOCKET HEAD SCREW (BZ)
H - 1/4-20 x 1 1/2 SOCKET HEAD SCREW (BZ)
AE - 1/4" FLAT WASHER (BZ)
AF - 1/4 INTERNAL LOCK WASHER (BZ)
BC - 1/4-20 LOCK NUT (WZ)

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STEP 2f FRAME ASSEMBLY

Start by bolting one (22) to each of the (27)'s. Next, mount (24) to (4) and (5), then (26) to (1) and (2). Wrench Tighten bolts including previously hand tightened bolts. Install rubber grips (38), (39) with retaining caps (19) and rings (20). Wrench Tighten set screws.

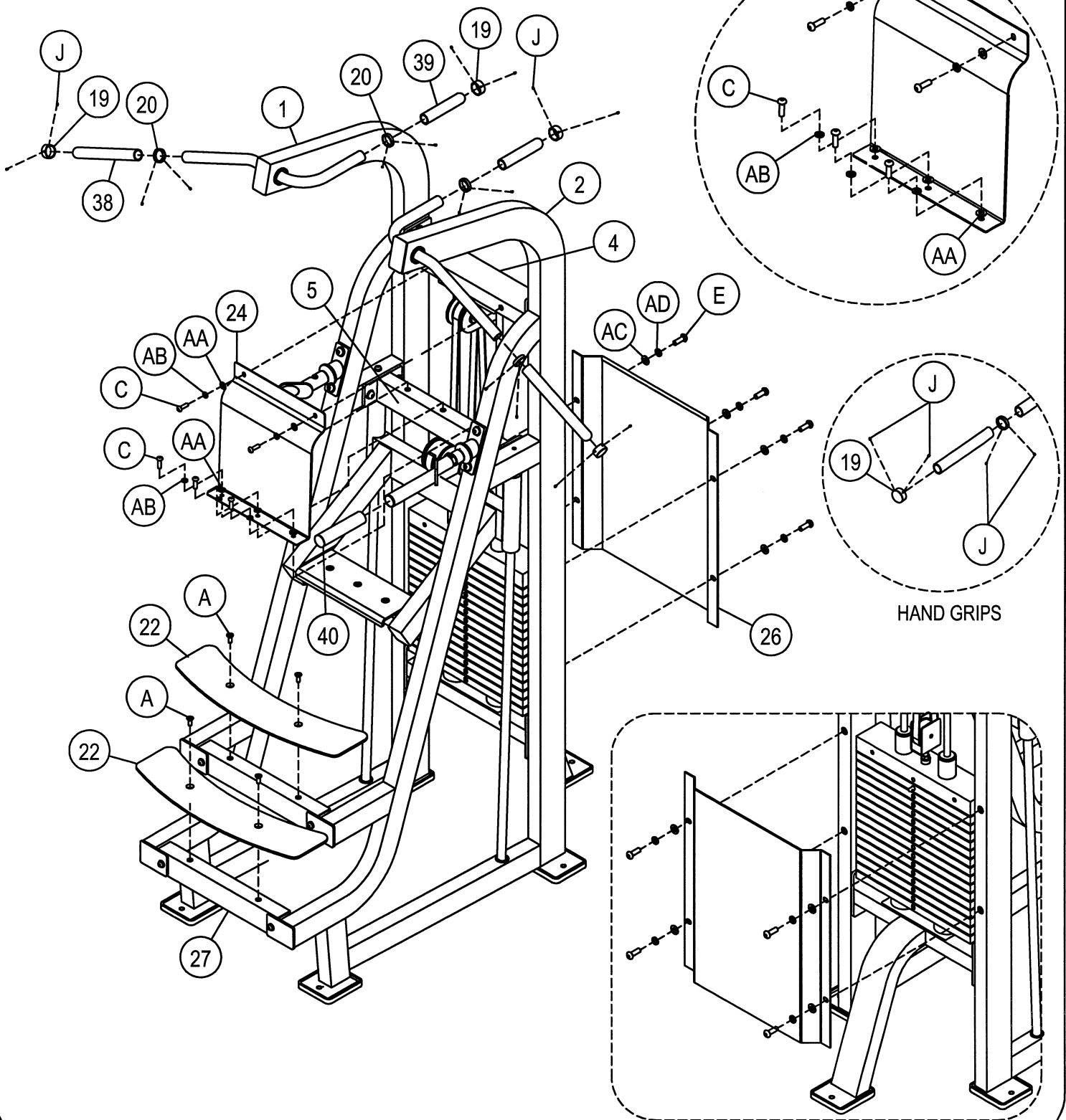
Part Descriptions

- 1 - LH FRAME ASSEMBLY
- 2 - RH FRAME ASSEMBLY
- 4 - TOP MOUNT ASSEMBLY
- 5 - MIDDLE MOUNT ASSEMBLY
- 19 - Ø1.03 x 3/4" ALUMINUM CAP
- 20 - Ø1.03 x 3/8" ALUMINUM CAP RING
- 22 - 0.25 x 5.74 x 26.00 POLISHED DIAMOND ALUMINUM PLATE
- 24 - FRONT GUARD SHIELD
- 26 - WEIGHT GUARD SHIELD
- 27 - 2 x 3 x .120 x 19.25 HRS P&O
- 38 - 1.175 OD x .9375 ID x 10" LG RUBBER GRIP
- 39 - 1.175 OD x .9375 ID x 5.50 LG CLOSED FOAM GRIP

Hardware Descriptions

- A - 3/8" -18UNC x 1" FHCS (WZ)
- C - 3/8" -16UNC x 1 1/4" BHCS (WZ)
- E - 1/2" -13UNC x 1 1/2" BHCS (WZ)
- J - #10-32 SET SCREW
- AA - 3/8" WASHER (WZ)
- AB - 3/8" INTERNAL LOCK WASHER(WZ)
- AC - 1/2" WASHER (WZ)
- AD - 1/2" INTERNAL LOCK WASHER(WZ)

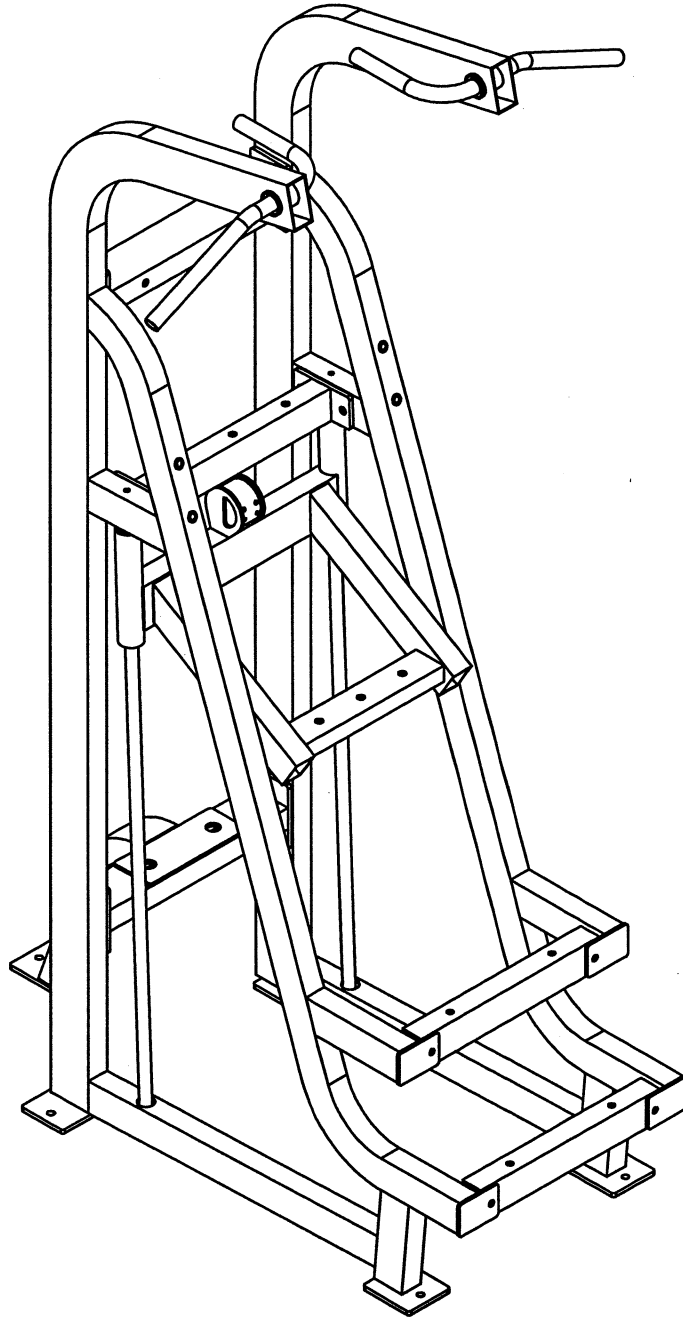
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PRE-ASSEMBLY



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PRE-ASSEMBLY

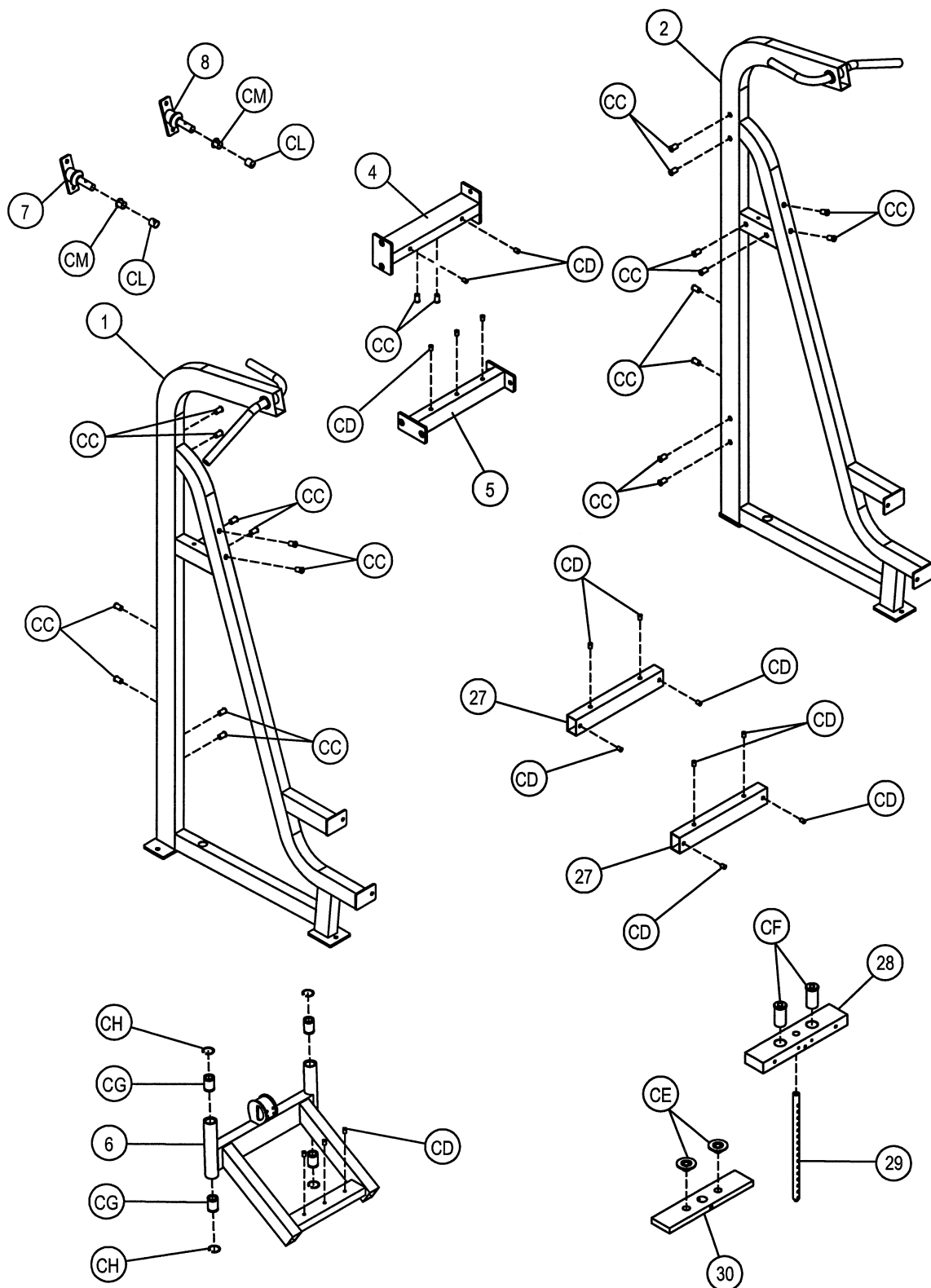
Part Descriptions

1 - LH FRAME ASSEMBLY
2 - RH FRAME ASSEMBLY
4 - TOP MOUNT ASSEMBLY
5 - MIDDLE MOUNT ASSEMBLY
6 - ALUMINUM STEP MOUNT ASSY.
7 - LEFT HANDLE MOUNT ASSEMBLY
8 - RIGHT HANDLE MOUNT ASSEMBLY
27 - 2 x 3 x .120 x 19.25 TUBE
28 - 41 LB. TOP PLATE
29 - 16 HOLES WEIGHT STEM
30 - 20 LB. INTERMEDIATE PLATE

Hardware Descriptions

CC - 1/2" INSERT
CD - 3/8" INSERT
CE - WEIGHT GAR MET
CF - TALL GUIDE ROD BEARING
CG - 1" LINEAR CLOSED BEARING
CH - INTERNAL SNAP RING
CL - PLASTIC SLEEVE
CM - PLASTIC BUSHING

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X1072	LH FRAME ASSEMBLY
2	1	026-01X1073	RH FRAME ASSEMBLY
3	1	026-01X1074	REAR SUPPORTING ASSEMBLY
4	1	026-01X1075	TOP MOUNT ASSEMBLY
5	1	026-01X1076	MIDDLE MOUNT ASSEMBLY
6	1	026-01X1077	ALUMINUM STEP MOUNT ASSY
7	1	026-01X1343	LEFT HANDLE MOUNT ASSEMBLY
8	1	026-01X1342	RIGHT HANDLE MOUNT ASSEMBLY
9	1	026-01X1080	PULLEY ASSEMBLY
10	1	026-01X1081	UPPER SWIVEL PULLEY ASSY
11	2	026-01PL134	GUIDE ROD BUSHING
12	2	026-01PL201	3 OD x 1 ID x 1 1/2" THK BUMPER
13	2	026-01PL305	GUIDE ROD BUSHING
14	2	026-01PL306	WEIGHT BUMPER
15	2	026-01PL307	.250 HOLE x .03 HD RATCHET
16	2	026-01G0166	Ø0.75 x 57.69 GUIDE ROD
17	2	026-01G0167	Ø1.00 x 54.28 GUIDE ROD
18	1	026-01M0134	SELECTOR PIN, STEEL WEIGHTS
19	4	026-01M0323	Ø1.03 x 3/4" ALUMINUM CAP
20	4	026-01M0324	Ø1.03 x 3/8" ALUMINUM RING
22	2	026-01P1000	0.25 x 5.74 x 26.00 POLISHED DIAMOND ALUMINUM PLATE
23	1	026-01P1001	0.25 x 5.63 x 14.13 POLISHED DIAMOND ALUMINUM PLATE
24	1	026-01P1004	FRONT SHIELD GUARD
25	10	026-01P0467	1/4" x 5/8" x 1 15/16" SERRATED CLAMP
26	1	026-1100198	WEIGHT GUARD SHIELD
27	2	026-01T0925	2 x 3 x .120 x 19.25 HRS P&O
28	1	026-1300026	41 lb. TOP PLATE
29	1	026-01W0111	16 PLATE SELECTOR STEM
30	15	026-01W0104	20 lb. INTERMEDIATE PLATE
31	1	018-0002001	3 1/4" PULLEY THREAD
34	2	014-0602002	1" TURCITE BUSHING
35	1	018-0002003	3 1/4" PULLEY NO THREAD
37	1	015-0002002	105.50" LG. KEVLAR BELT
38	2	026-01PL206-13	1.175 OD x .9375 ID x 10" LG RUBBER GRIP
39	2	026-01PL206-9	1.175 OD x .9375 ID x 5.50 LG RUBBER GRIP
40	2	019-0002003	1 1/2 OD x 6 LG CLOSED FOAM GRIP
41	1	026-01X1271	FLIP OVER HANDLE ASSEMBLY

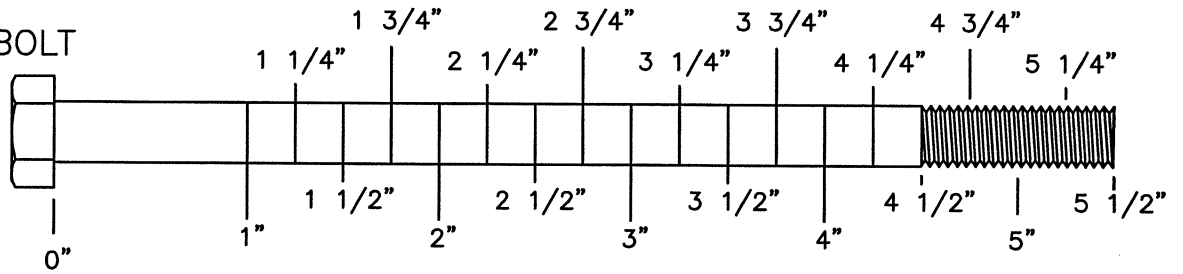
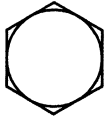
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HARDWARE LISTING

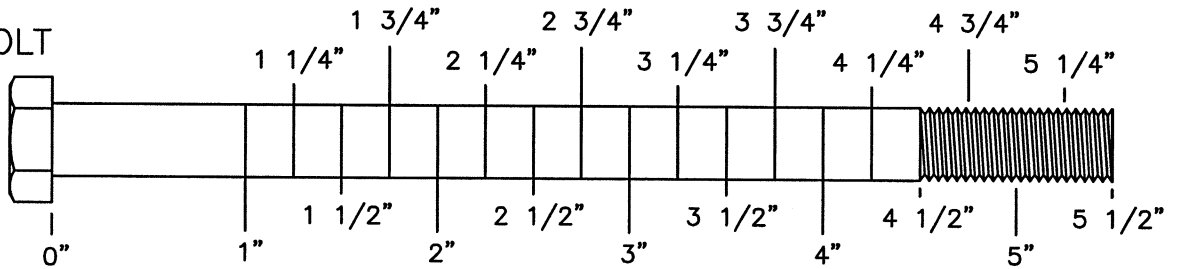
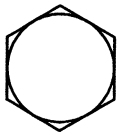
<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	7	011-0002042	3/8" -18UNC x 1" FHCS (WZ)
B	6	011-0101026	3/8" -16UNC x 1" BHCS (WZ)
C	5	011-0101034	3/8" -16UNC x 1 1/4" BHCS (WZ)
D	2	011-0101035	3/8" -16UNC x 4" BHCS (WZ)
E	22	011-0101047	1/2" -13UNC x 1 1/2" BHCS (WZ)
F	1	011-0101049	3/8" -16UNC x 2 1/2" BHCS (WZ)
G	4	011-0301030	1/4"-20 x 1 1/4" SOCKET HEAD (BZ)
H	4	011-0501002	1/4"-20 x 1 1/2" SOCKET HEAD (BZ)
J	16	011-031100	#10-32 SET SCREW
K	2	011-0101005	3/8" -16 x 3/4" SOCKET HEAD (WZ)
AA	13	013-0002004	3/8" WASHER (WZ)
AB	11	013-0006003	3/8" INTERNAL LOCK WASHER (WZ)
AC	22	013-0102003	1/2" WASHER (WZ)
AD	22	013-0006001	1/2" INTERNAL LOCK WASHER (WZ)
AE	8	013-0202002	1/4" FLAT WASHER (BZ)
AF	4	013-0006001	1/4" INTERNAL LOCK WASHER (BZ)
AG	2	013-0102020	3/8" SPLIT WASHER (WZ)
BA	1	012-0004004	3/8" NYLOK NUT (WZ)
BC	4	012-0104009	1/4"-20 LOCK NUT (WZ)
CA	5	026-01PL195	RUBBER FOOT PAD
CB	1	010-0008001	LANYARD COIL
CC	22	1/2 -13UNC	1/2" INSERT
CD	13	3/8 -16UNC	3/8" INSERT
CE	30	019-0003002	WEIGHT GAR MET
CF	2	014-009005	TALL GUIDE BEARING
CG	4	014-0007005	1" LINEAR CLOSED BEARING
CH	4	014-0015005	INTERNAL SNAP RING
CK	2	016-2021003	Ø1 1/2" END CAP
CL	2	014-0011002	PLASTIC SLEEVE
CM	2	014-0011001	PLASTIC BUSHING
CP	4	026-01M0592	1/2" FLANGED PULLEY SPACER
CQ	1	030-0303006	Ø7/16" x 3" ROLL PIN
CR	1	026-01M0727	Ø.375 LANYARD PIN
CS	1	014-001-5009	3/8" C-CLIP (TYPE-E)

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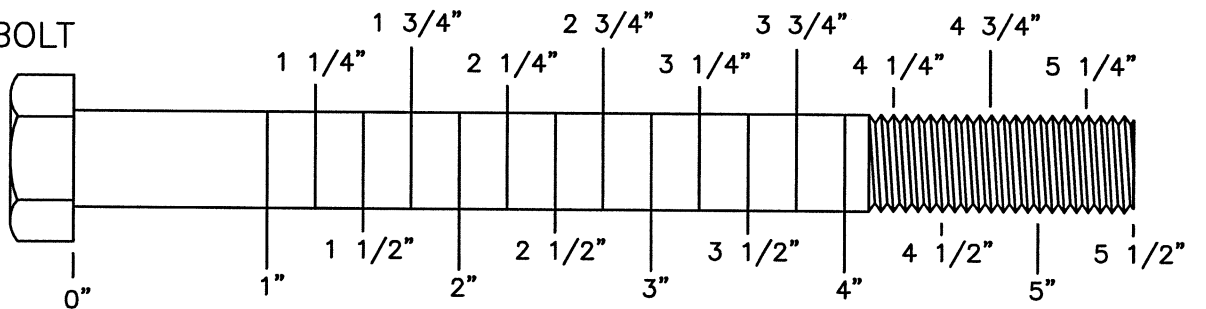
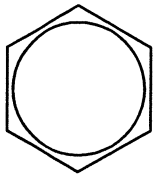
5/16" HEX BOLT



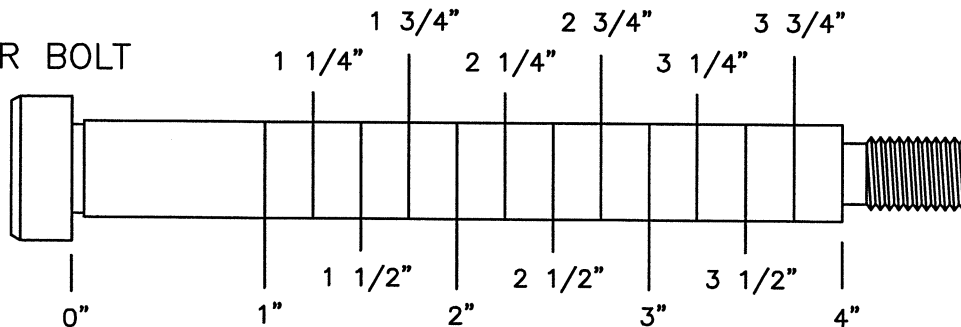
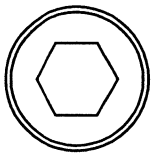
3/8" HEX BOLT



1/2" HEX BOLT

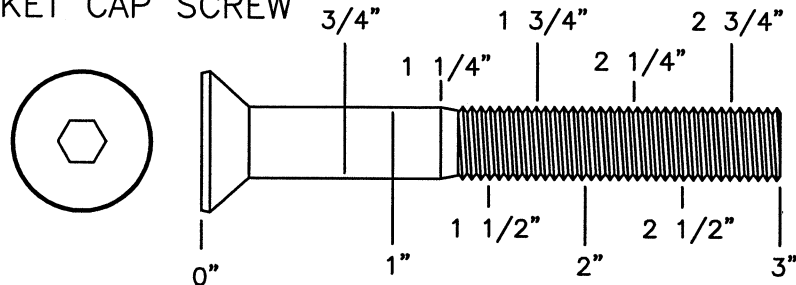


1/2" SHOULDER BOLT

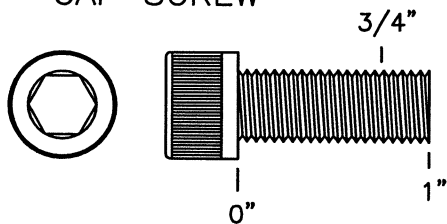


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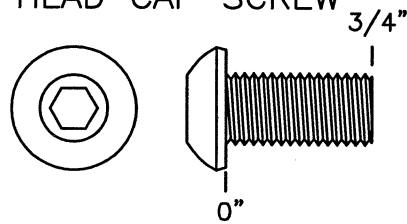
3/8" FLATHEAD
SOCKET CAP SCREW



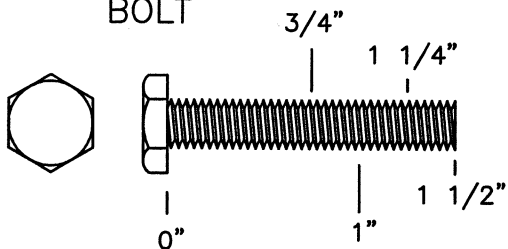
3/8" SOCKET
CAP SCREW



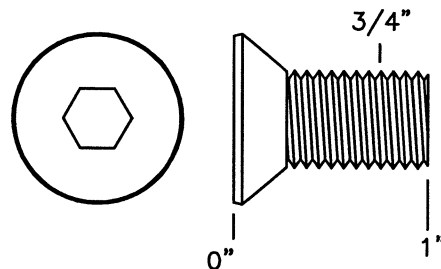
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

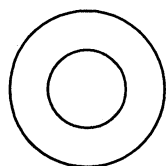


1/2" FLATHEAD
SOCKET CAP SCREW

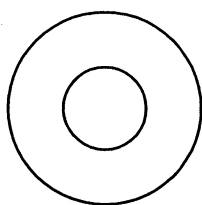


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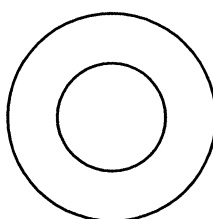
5/16"
FLAT WASHER
LARGE, USS, 25mm



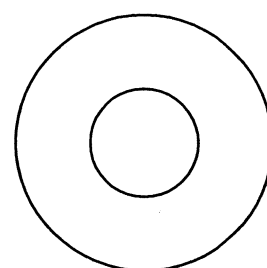
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm



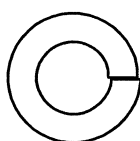
1/2"
FLAT WASHER
LARGE, USS, 34mm



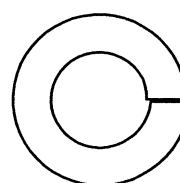
1/4"
LOCK WASHER



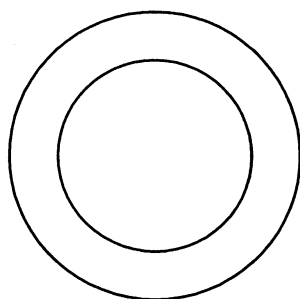
3/8"
LOCK WASHER



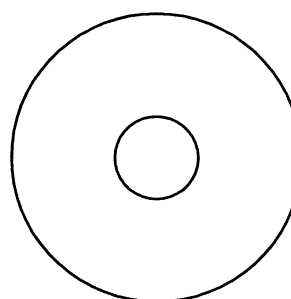
1/2"
LOCK WASHER



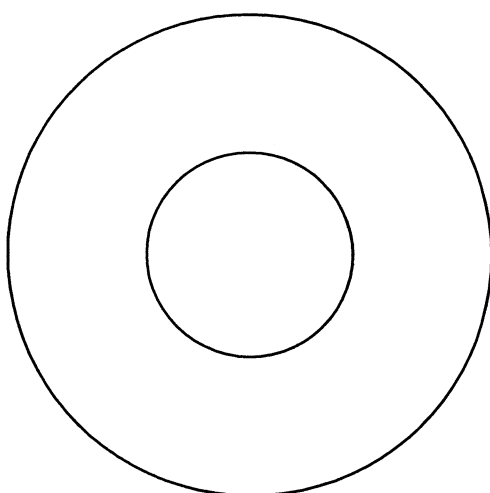
1" SHIM WASHER



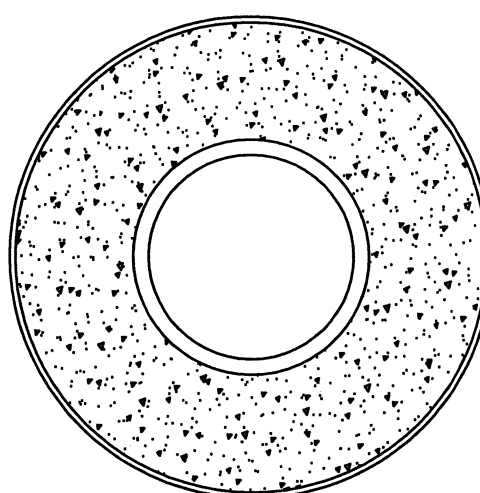
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

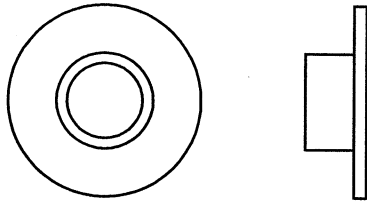


PLASTIC 1 1/16"
FENDER WASHER

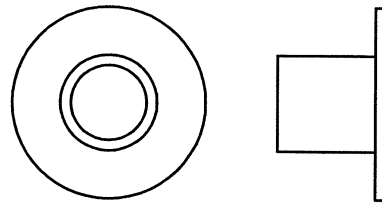


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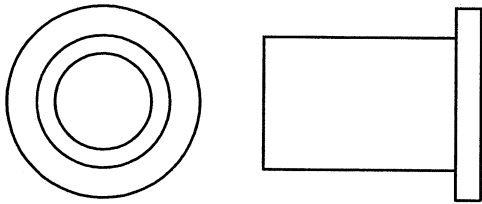
1/4" LONG
FLANGED SPACER



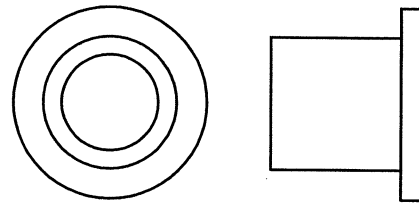
1/2" LONG
FLANGED SPACER



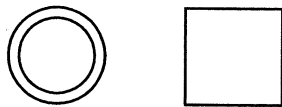
1/4" LONG HEAVY
FLANGED SPACER



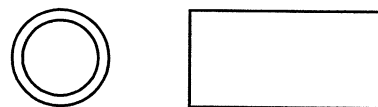
11/16" LONG HEAVY
FLANGED SPACER



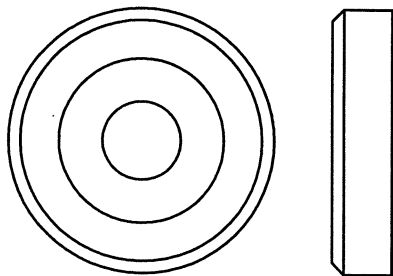
1/2" LONG
SPACER



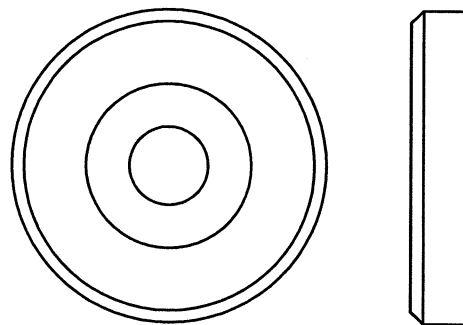
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



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WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

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WEIGHT TRAINING EXERCISE LOG

S = Sets **R** = Repetition per set **W** = Weight used

[illegible]

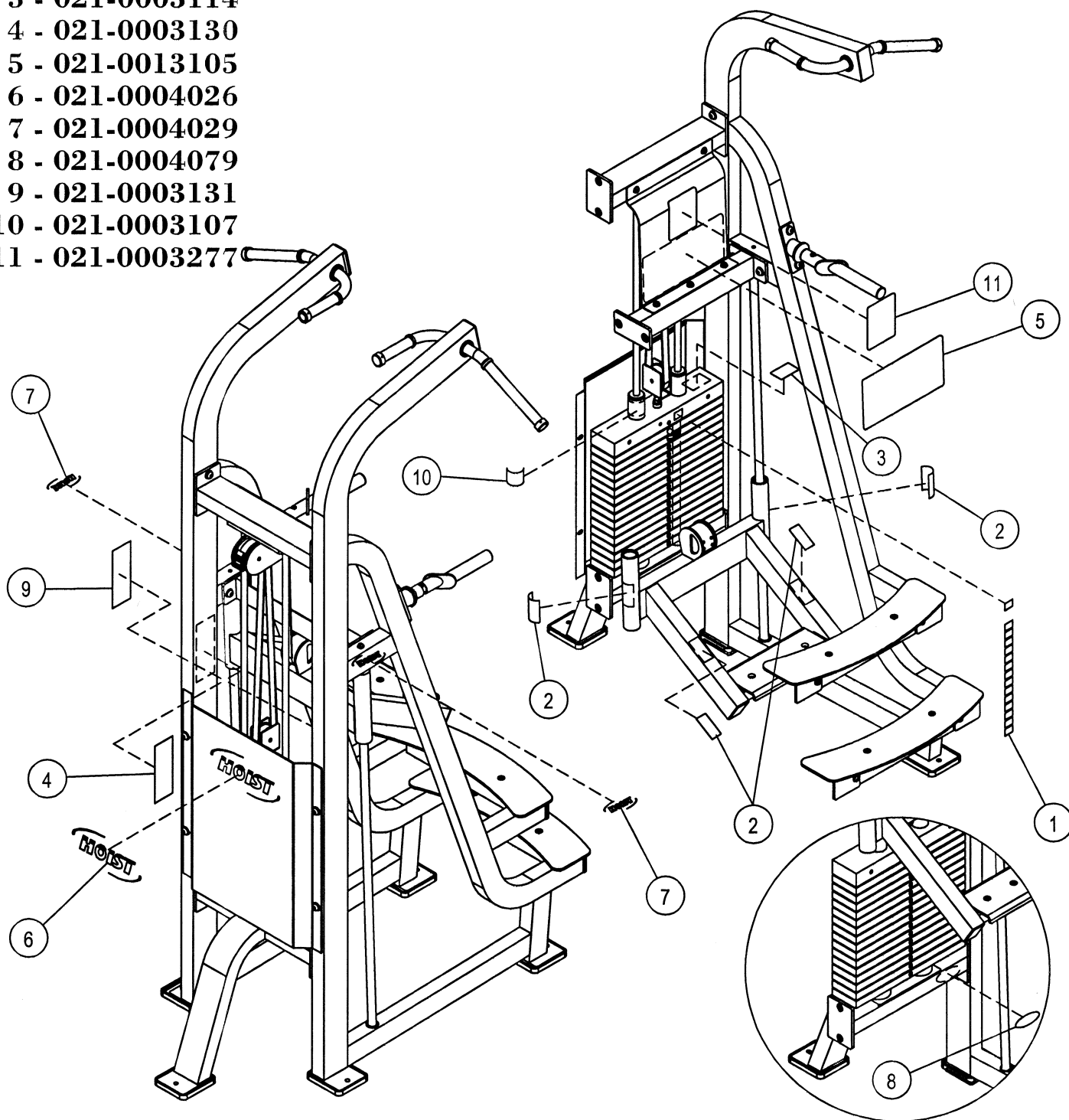
OWNERS MANUAL

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Decal Descriptions

- 1 - 021-0003011
- 2 - 021-0003113
- 3 - 021-0003114
- 4 - 021-0003130
- 5 - 021-0013105
- 6 - 021-0004026
- 7 - 021-0004029
- 8 - 021-0004079
- 9 - 021-0003131
- 10 - 021-0003107
- 11 - 021-0003277

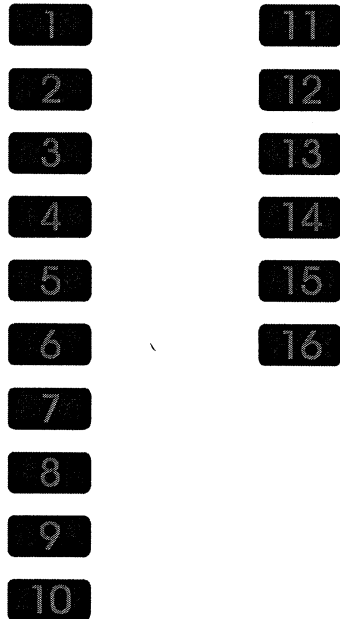
DECAL PLACEMENTS



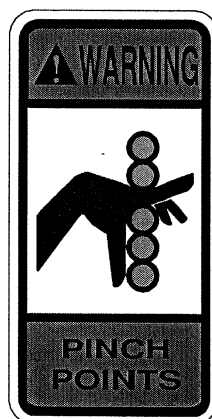
OWNERS MANUAL

DECAL PLACEMENTS

These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003011

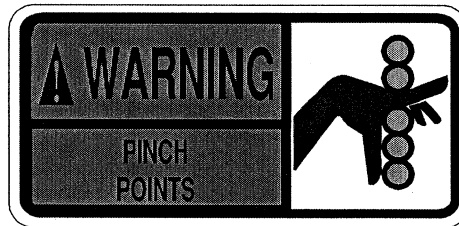


021-0003113

OWNERS MANUAL

DECAL PLACEMENTS

These decals has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.



021-0003114

WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

ROUTINE MAINTENANCE		Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Hooks, Full Pins, Shackles, Snaps, Weight Stack Pins		X				
Clean; Upholstery		X				
Inspect; Cables or Belts and their tension		X				
Inspect; Accessory Bars and Handles			X			
Inspect; All Decals			X			
Inspect; All Nuts and Bolts, Tighten if Needed			X			
Inspect; Anti-Skid Surfaces			X			
Clean & Lubricate; Guide Rods with a Rubber (P.T.E.) based lubricant (Superlube)				X		
Lubricate; Seat Sleeves, Trolley Bushings, Linear Bearings				X		
Clean and Wax; All Glossy Finishes					X	
Repack with Grease; Linear Bearings					X	
Replace; Cables, Belts and Connecting Parts						X

NOTICE

021-0003131

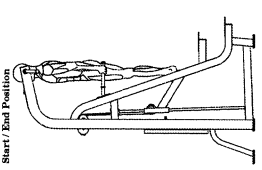
OWNERS MANUAL

DECAL PLACEMENTS

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

CD 2700

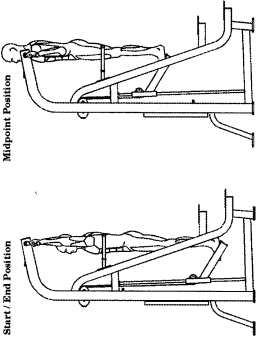
DIP ASSIST



Exercise Instructions

- 1 Select the desired weight.
- 2 Mount the platform and firmly grip the dip station handles.
- 3 Carefully step out onto the carriage foot plate while supporting body weight with arms.
- 4 Lower torso bending arms at the elbows until about 90 degrees.
- 5 Hold position momentarily before slowly returning to starting position.

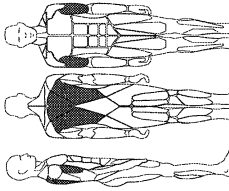
CHIN ASSIST



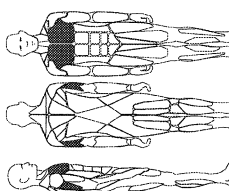
Exercise Instructions

- 1 Select the desired weight.
- 2 Mount the platform and firmly grip the chin-up station handles.
- 3 Carefully step out onto the carriage foot plate while supporting body weight with arms in fully extended position.
- 4 Lift torso until chin is level with handles.
- 5 Hold position momentarily before slowly returning to starting position.

PRIMARY:
Upper Back
Biceps



PRIMARY:
Triceps



CD 2700 WEIGHT CHART

SELECTED WEIGHT (lbs)	STANDARD WEIGHT STACK	ACTUAL ASSISTED WEIGHT (lbs)
45	(45) 1	8
65	(20) 2	18
85	(20) 3	28
105	(20) 4	38
125	(20) 5	48
145	(20) 6	58
165	(20) 7	68
185	(20) 8	78
205	(20) 9	88
225	(20) 10	98
245	(20) 11	108
265	(20) 12	118
285	(20) 13	128
305	(20) 14	138
325	(20) 15	148
345	(20) 16	158

NOTE: The chart above shows the standard weight stack for this unit, this chart does not represent any incremental add on weights. The weights listed are approximate and have been rounded off to the nearest pound. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

021-0013105

021-0003277

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DECAL PLACEMENTS

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.



021-0004026

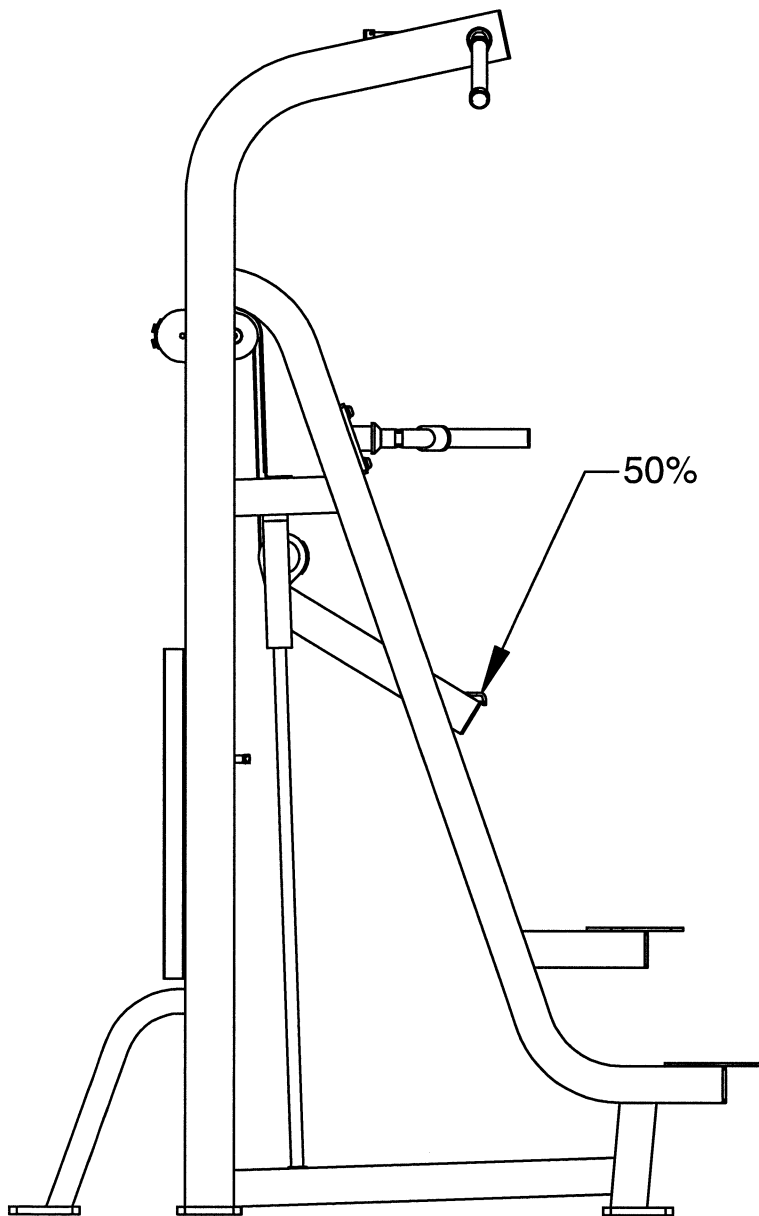


021-0004029



021-0004079

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	100%	50%
1	41	20.50
2	61	30.50
3	81	40.50
4	101	50.50
5	121	60.50
6	141	70.50
7	161	80.50
8	181	90.50
9	201	100.50
10	221	110.50
11	241	120.50
12	261	130.50
13	281	140.50
14	301	150.50
15	321	160.50
16	340	170.50

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and cross from the number of the weight plate you have pinned.

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HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

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GENERAL MAINTENANCE INFORMATION (CONTINUED)

Cable Tension:

**Referring to the Owners Manual, check all cable bolts and attachment to be sure they are properly attached.*

**Check slack in cables and readjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS